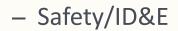


Agenda



- Ceviche de camaron y pescado
- Dominican Breakfast
- Vianda
- Sofrito
- Habichuelas Rosadas
- Cooking with Jenn
 - Sangria/Tostones/Paella/Flan
- Restaurants

Spotlight

- Hispanic Heritage Month Spotlight: STEM Innovators

- https://www.pbs.org/articles/2020/10/hispanic-heritage-month-spotlight-stem-innovators/?utm_source=instagram&utm_medium=pbsofficial &utm_content=igstory-hhm-2020-stem-innovators&utm_campaign=hhm_2020&fbclid=IwAR3ilVPJB2X2 d2uv46AYa27s8iprjgA5WNbjVjx1VWH9I-D3LPtzwKRV0Iw
- 100 inspiring Hispanic/Latinx scientists in America
 - http://crosstalk.cell.com/blog/100-inspiring-hispanic-latinx-scientists-in-america



1 lb. shrimp diced
1 lb. white fish diced
Juice of 12 limes
1 red onion diced
½ bunch of cilantro minced
2 English Cucumbers diced

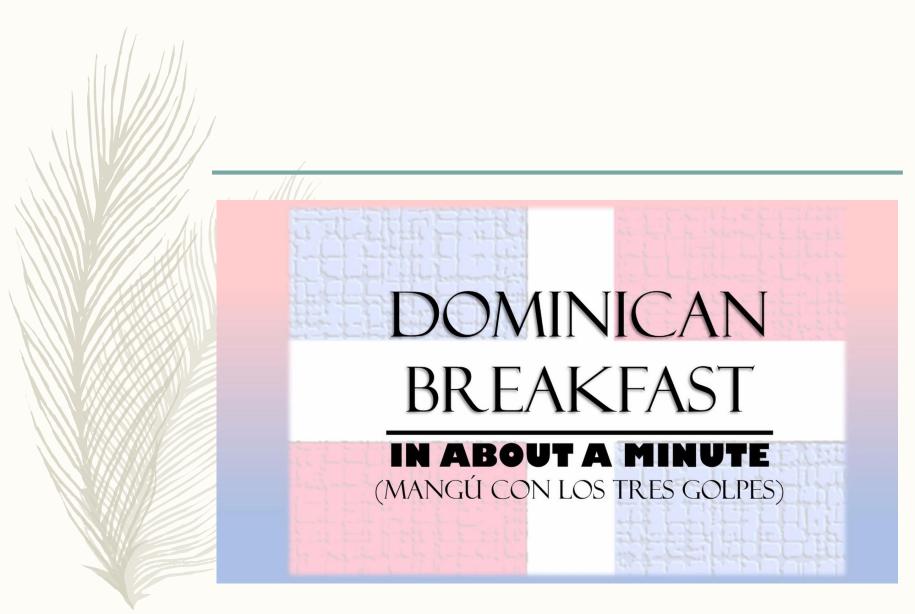
CEVICHE DE CAMARON Y PESCADO

Left pic is the heavy artillery sometimes required for the amount of fresh lime juice necessary for this refreshing dish!

Middle pic is just before chilling for 2-3 hours so citrus can 'cook' the seafood.

Last pic is what the ceviche should look like when 'cooked'! Top with some diced aguacate, hot sauce (I love Tapatío!), and serve with some tortilla or plantain chips!

Jamie Hooper, EIC





(you basically decide what you would like to eat. It doesn't need to be all of this.)

- 2 yautias (taro root/malanga)
- 2 malangas (root vegetable with brown skin and white or purple flesh)
- 2 papas (potatoes)
- 2 plátanos (green plantain bananas/guineo verde)
- 2 yucas (cassava/manioc)
- 2 ñames (root vegetable with brown skin and white flesh)
- 2 batatas (white sweet potatoes) or regular sweet potatoes

Optional:

2 chayotes (also known as Mirlition, vegetable pear) Calabaza (squash)

Ingredients for Bacalao

1 large onion sliced into rings

Olive oil

- 2 hard-boiled eggs sliced
- 1 large avocado
- 1 large tomato sliced (or you can use cherry tomatoes)
- 1 lb. of bacalao (salted cod fish)

Bacalao is the Spanish term for dried and salted cod. The process of drying and salting cod started as a way to preserve the fish to transport to the market. The flavor and texture it gives the cod is a bonus.

Directions

- Bring the bacalao to a boil and change the water about two to three times. This removes the salt and cooks the bacalao at the same time.
- While the bacalao is cooking, start washing, peeling and cutting the root veggies into 2-inch cubes.

Place into a large bowl. Add some lemon juice to keep their color. This includes the yautía, yuca, ñame, sweet potatoes, malangas, bananas and apios, etc.

- After all the veggies are peeled and cut, put all the veggies (except the potatoes and chayotes) in a big pot covered with water about 2 inches from the top. Cover with lid and boil for about 45 minutes or until the fork inserts into the veggies softly, but firmly. Boil them an extra 5 minutes if necessary.
- Boil the potatoes and chayotes separate, since they will cook faster than the others. Do the fork test again. Boil them an extra 5 minutes if necessary.
- Remove the pot from the burner. You can leave the vianda in the hot water or you can put them in a large bowl.
- By this time, your bacalao is done. Shred it and de-bone it carefully.
- Place bacalao in a large bowl or on a large platter with the onion rings, avocado and tomato slices. Toss with plenty of olive oil. Place eggs around it.





Ñames



Malanga



Batata



Chayote



Calabaza



Time to eat!!





Arroz con Habichuelas y Chuleta Frita

Sofrito

- 2 green peppers diced
- 4 yellow onions sliced
- 1 head of garlic peeled
- 1 bunch fresh cilantro
- Chop the ingredients into sizes that are small enough to fit into a food processor
- Place the chopped ingredients into a food processor or blender. You can process in batches if your food processor isn't big enough to accommodate everything at once.
- Blend all ingredients well so the finished sofrito is finely processed. If you're not familiar with sofrito, it should be the consistency of pesto, a thick paste.
- Once blended, your sofrito is ready for immediate use. Store the sofrito in a glass container. Plastic containers are not ideal because plastic will absorb the odor of garlic and onions.
- Use the sofrito with rice, stews, beans, or a protein, and enjoy.

Habichuelas Rosadas (Pink Beans)

- 2 cans Goya Habichuelas Rosadas
- 1 tablespoon Olive oil
- 1 cup Diced ham
- Oregano
- Salt
- Small can of tomato sauce
- Sofrito
- At medium heat add olive oil and diced ham. Saute for a few minutes. Sprinkle oregano. Add 2 tablespoons sofrito. Cook for 2 minutes add tomato sauce. Add beans and 1 can of water.
 Bring to a boil, then reduce heat to medium-low and cover the pot. Cook on a low boil, stirring occasionally.
- Pork chops are seasoned with Adobo and Sazon con culantro y achiote. Fry them up!
- White rice you probably make it better than I do!! ☺





Sangria

- 750m/1 bottle of dry Spanish Rose wine
- 1 cup freshly squeezed orange juice
- 1 cup of fresh strawberries sliced
- 1 cup Gin (substitute Vodka if preferred)
- 1 cup of raspberries
- 1 bottle sparking water
- Handful of fresh mint leaves
- Simple Syrup
- In large pitcher combine wine, gin, orange juice, strawberries and raspberries – chill for at least 2 hours in fridge
- Remove from fridge and taste for sweetness. If you like sweeter add more orange juice, simple syrup or honey.
- When ready to serve top up the pitcher with sparkling water and garnish with fresh mint.

Mojo Sauce for Tostones (Fried plantains)

- 5 garlic cloves peeled and minced
- 1 ½ tsp. salt
- 1 tsp. dried oregano
- 4 cup lime juice (3 limes)
- ½ tsp. black pepper
- ½ cup orange juice
- ½ cup olive oil
- In small sauce pan at medium heat add minced garlic, pepper, oregano, orange juice and lime juice. Cover pan and allow to simmer.
- Heat oil separately then pour into garlic paste.

Paella Ingredients

- 3 cloves garlic
- ½ onion diced
- 1 red pepper diced
- 1 cleaned tube of squid
- 1/3 cup extra virgin olive oil
- 1 cup tomato puree
- ½ tsp. paprika
- Sea salt
- Black pepper
- 4 ½ cups seafood broth (can use Chicken or vegetable broth)
- 4 1 sachet saffron
- 2 cups round rice
- 12 raw jumbo shrimp (peeled and deveined)
- 8 fresh mussels (cleaned)
- Fresh parsley
- Lemon

Paella - Recipe

- Cut all ingredients (veggies and squid)
- Heat frying pan (med-high) heat add 1/3 oil and season with sea salt
- Add squid for 2 minutes, remove and set aside
- Add onions, garlic and mix for 1 minute then add red pepper.
 Cook for 3 minutes
- Add 1 cup tomato puree, paprika, sea salt and pepper. Cook for 2 minutes add squid, add broth and saffron. Once broth comes to a boil add rice by gently distributing evenly. Do not mix rice.
 After 5 minutes of cooking add shrimp and mussels on top of rice.
 Cook for another 5 minutes then lower to low-medium heat.
 After simmering for 10 minutes and very little broth left turn heat to med-high heat (for crispy bottom) after 1 minute turn off heat.
 Cover and let rest 5-7 minutes.

Flan

- 5 eggs
- 1 can evaporated milk
- 1 cup milk
- 1 cup sugar
- 1 tablespoon vanilla extract
- Mix all ingredients in blender
- Heat oven to 350 degrees
- In a medium saucepan over medium-low heat, melt sugar until liquefied and golden in color. Carefully pour hot syrup into a deep glass or aluminum bowl, turning the dish to evenly coat the bottom and sides. Add mixture to bowl and cover with foil.
- Place the dish in a larger baking pan. Pour boiling water into larger pan to a depth of 1 in. Bake for 1 ½ hours. Remove foil cook for 30 more minutes.
- Remove dish from a larger pan to a wire rack; cool for 1 hour. Refrigerate overnight.
- To unmold, run a knife around edges and invert onto a large rimmed serving platter. Cut into wedges or spoon onto dessert plates; spoon sauce over each serving

Restaurants

Golden chicken

Azao Restaurant

La Candela

Pio Pio

Nikkei of Peru

Nikkei of Peru - Woodbury

Lima 33 Restaurant

Oaxaca

Plaza Margarita in Centereach



